



## California Turkey & Vegetable Sandwich

READY IN



10 min.

SERVINGS



10

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

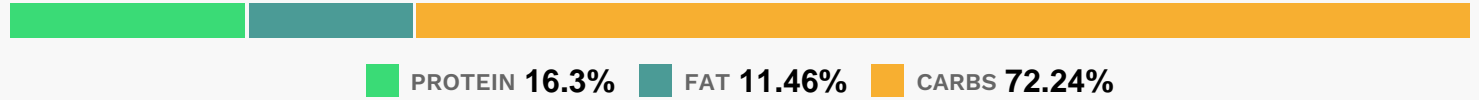
- 4 slices oscar mayer deli turkey breast smoked fresh
- 1 tsp grey poupon dijon mustard
- 1 Tbsp miracle whip dressing light
- 0.3 cup pepper strips and carrots mixed shredded green
- 1 milk sharp cheddar singles 2% kraft
- 1 kaiser roll whole wheat split
- 2 slices tomatoes

### Equipment

## Directions

- Spread cut sides of roll with dressing and mustard.
- Fill with remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:20.2, Glycemic Load:3.09, Inflammation Score:-1, Nutrition Score:3.8317391893462%

## Flavonoids

Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 37.89kcal (1.89%), Fat: 0.54g (0.83%), Saturated Fat: 0.12g (0.75%), Carbohydrates: 7.67g (2.56%), Net Carbohydrates: 5.95g (2.16%), Sugar: 0.84g (0.93%), Cholesterol: 1.27mg (0.42%), Sodium: 87.61mg (3.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Manganese: 0.76mg (38.13%), Vitamin K: 10.12µg (9.64%), Iron: 1.7mg (9.44%), Fiber: 1.72g (6.88%), Copper: 0.09mg (4.51%), Magnesium: 11.84mg (2.96%), Calcium: 28.85mg (2.89%), Potassium: 99.58mg (2.85%), Phosphorus: 19.14mg (1.91%), Vitamin A: 79.8IU (1.6%), Vitamin B6: 0.02mg (1.1%)